



## Bedford Recreation Department

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### **Guard Up!**

In 1999, Guard Up! Inc. was incorporated with the idea of offering numerous styles of empty hand and traditional weapon arts. In 2001, they opened their first full time training facility in Burlington, MA. It was not long before Guard Up caught the attention of the surrounding communities. Here was a place where kids, teens and adults could learn sword fighting and fencing!

Today, Guard Up is known in the surrounding communities and the sports industry for its high standard of instructor training as well as its emphasis on sports and creative games as vehicles for positive personal growth. We hope that you will join our family at Guard Up where exploration, fun and community are an integral part of our activities and where sword sports are taught for bright and creative minds. Come on by and you will find your adventure waiting for you.

### **Philosophy**

Our philosophy at Guard Up! Family Swordsmanship is simple. Every class, camp, party, program and event must precisely follow our primary Three Rules of Operation (3RO) in the following order:

1. All actions must be SAFE.
2. All actions must be FUN.
3. And all actions, when #1 and #2 are met, must be EDUCATIONAL.

Guard Up! is a company created by families for families. We understand the needs of various ages... from the youngest Little Knight all the way up to our adult competitive sport fencers. And since many of us are parents, we place Safety as our first priority. However, in our 10 years of operation, we have come to realize that everyone, even the most avid competitor, also wants to have fun. So we have applied this ingredient thoroughly in each of our programs and offerings. Our instructors are highly trained in

our special coaching methods. And our team of plot writers makes sure that our interactive adventures capture your focus and inspire your imagination